



Garlic-Shrimp Cups

 Gluten Free

READY IN



105 min.

SERVINGS



24

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 2 tsp milk fat-free
- 2 tsp parsley fresh chopped
- 2 cloves garlic minced
- 2 tsp juice of lemon
- 0.3 tsp lemon zest
- 2 oz philadelphia neufchatel cheese softened ()
- 24 roasted garlic woven wheat crackers

- 0.5 lb shrimp deveined uncooked peeled
- 0.5 cup water

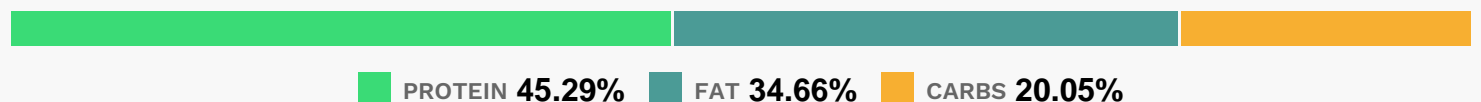
Equipment

- frying pan
- baking sheet
- oven
- spatula
- muffin liners

Directions

- Heat oven to 350F.
- Beat eggs and water in pie plate until well blended.
- Add 12 crackers; let stand 4 min., turning after 2 min. Press 1 soaked cracker onto bottom and up side of each of 12 mini muffin cups sprayed with cooking spray. Repeat with remaining 12 crackers in additional muffin cups.
- Bake 8 to 10 min. or until lightly browned. Carefully remove cups from pan with metal spatula; place on baking sheet sprayed with cooking spray.
- Bake 30 to 35 min. or until crisp. Cool completely.
- Mix Neufchatel, zest, juice and milk. Cook and stir shrimp and garlic in nonstick skillet sprayed with cooking spray on medium-high heat 3 to 4 min. or until shrimp turn pink.
- Fill cracker cups with Neufchatel mixture; top with shrimp.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.2521739168012%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 24.34kcal (1.22%), Fat: 0.95g (1.47%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.15g (0.17%), Cholesterol: 30.61mg (10.2%), Sodium: 25.32mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Phosphorus: 36.2mg (3.62%), Manganese: 0.06mg (2.94%), Copper: 0.05mg (2.54%), Vitamin B6: 0.05mg (2.4%), Selenium: 1.67µg (2.38%), Calcium: 17.51mg (1.75%), Zinc: 0.23mg (1.56%), Vitamin C: 1.21mg (1.47%), Vitamin B2: 0.02mg (1.45%), Potassium: 47.84mg (1.37%), Magnesium: 4.93mg (1.23%)